



NEWSLETTER

December 2018
No. 217

WHAT'S ON THIS MONTH

TIME EXCHANGE AGM

At the Stanton Street Lounge
Wednesday 5th December
6pm-8pm

TIME EXCHANGE GARDENING SESSIONS

Our Street Planter team are taking a break during December.

There are lots of other gardening activities taking place this month – see inside for details.

ARTHUR'S HILL / WINGROVE LITTER PICKS

Mondays 10am-11am
Meet at the Bike Garden
Wednesdays 9.30am
Meet outside Madina Food Stores

Saturday 15th December
11am - 1pm
Meet at the Time Exchange.

Please bring gloves if you have them.

ELSWICK LITTER PICK

Proud of the West End! (POW!) litter-pickers tidy the streets on Mondays, currently working in Bentinck Road, the West Road, Elliot Terrace, Durham Street and Bishop's Avenue. If you'd like to be involved, or to help at a time of your own choice, contact Janet through the Time Exchange.

IT'S ALL HAPPENING AT THE TIME EXCHANGE



We have a busy month planned at the Time Exchange. Our Annual General Meeting will take place on Wednesday 5th December at 6pm at the Stanton Street Lounge. All members and local residents are invited to attend the meeting. Come along to share food, participate in festive craft activities, and catch up with fellow Time Exchange members. If you would like to contribute some finger food to share with our members please let us know what you'd like to bring. If you'd like to volunteer to help with serving food and drink or supervising craft activities, please get in touch. Alternatively, if you'd like to just come and join in the fun, let us know that you intend to come, so that we have an idea of numbers for catering.

We will also be running festive craft sessions at the Time Exchange office during December. Our usual Christmas Card making sessions will be running early in the month, starting on Tuesday 4th December and Thursday 6th December. Feel free to pop into the Time Exchange office anytime on these days to help us make greetings cards to send to all of our members and supporters.

WINTER FESTIVAL AT THE NUNSMOOR CENTRE

The Nunsmoor Centre warmly invite you to their

Winter Festival

**Saturday 8th December
2-4pm**

**at the Nunsmoor Centre,
Studley Terrace**

Activities include wreath making, activities for children, seasonal crafts, performances from the SHE Choir and the Junk Music Project.

There will be Winter Warmer Refreshments, as well as the switching on of the Christmas Lights, and a visit from "you know who!"

END OF AN ERA

We're sad to share the news that the CHAT Project has had to close due to lack of funding. CHAT (Churches Acting Together) has worked in Arthur's Hill for 23 years, running a youth outreach programme, 'forest school' training, arts and photography projects, a bike club and a successful music production training base. The closure of the project will be a big loss to the local area. We know that many of our members and local residents have benefitted from the project over the years, and will be sad to see it go. We'd like to extend our thanks to everybody who has been involved in the project, particularly Caroline and Lewis, who have been running the project most recently.

OFFERS & REQUESTS

These are just some of the offers and requests we have received recently. Please check out our Facebook page for some of the very latest offers and requests: [facebook.com/thetimeexchange](https://www.facebook.com/thetimeexchange)

- Dave has a cycle helmet and Stanley LED light on offer.
- Jacqui has a Romer child's stage 2 car seat with harness (for 2 years plus) available.
- Lynne has a 10,000mAh Solar Power Bank 2USB Portable Charger for phone/iPad/GoPro on offer.
- Kavita is offering a bathroom cabinet, two towel rails and a toilet roll holder.
- Matt would like a small flask.
- Tyrone would like to do a car boot sale, if anybody is interested in teaming up with him please get in touch.
- Anna is looking for a lawnmower.
- Shamaila has a DVD/Cassette player on offer.
- Marc has 2 floor lamps, an under stairs shelving unit and an exercise bench on offer.
- Sergio would like some dinner plates.
- Farah has 2 BT phones, a marble run, a children's pop-up tent, 3 IKEA children's wall lamps, a box of children's books (under 7) and a shower curtain on offer.
- Theresa has some polystyrene bean bag filler on offer.
- The Time Exchange has a sewing machine available for use in the office. We also have a pump for any flat tyres!
- Rachel & Avi are looking for gardening shoes, sizes 6 & 9.
- The Time Exchange has a kettle, 2 sky boxes & remotes, an electronic chess game, a 24 hour plug timer and some photo print paper on offer.
- Tyrone would like an arm chair, a cooker, a washing machine, a microwave, a Sony PS3 and a dining table & chairs.

SUPPORT FROM US OVER THE HOLIDAYS

If you would like to set up any exchanges to take place over the time we are closed, please contact us with plenty of time to go, so that we can put things in place for you.

Although we are closed over the holidays, we want to make sure all members can get help and support if you need it. If you feel it would be helpful for you to have another Time Exchange member to contact over the time we are closed, please do let us know. We have a number of members who are happy to act as emergency contacts over this period, whether it be simply to check in with you, to have somebody to talk to, or for something more practical, for example in case the weather is bad and you need help with some shopping or picking up a prescription. If you'd like to volunteer to be an emergency contact over this time, please get in touch.

DO NOWT AND YOU GET NOWT!

Geoff Brown, 'The Local Bore, You can't Ignore,' writes: Like myself, you may well have been shocked at our High Street stores, closing by the day almost. Some of them have been our real loves, including big names too. Will our high streets soon be empty?

However, the amazing growth of online retailers, means they have to offer more competitive prices, resulting in cheaper supplies. They don't have the astronomical overheads encountered by our traditional high street stalwarts and some of their websites even offer a 'real experience,' to be enjoyed whilst browsing. They have their drawbacks, though, as we're not able to try on/out a product and have coffee with friends. I've long been a critic of them, though, food aside do most of my shopping online, as I become more 'crooked.' However, there's a new shopping experience really taking off, which not only helps the high street and our pockets but the environment too! Designer goods, at discount prices, guaranteed, or chatty and cheap? Their Helsinki store looks beautiful! They're known as REUSE centres and the idea hit Finland's High Streets a few years ago.

They not only offer High Street stores but knockdown prices too. Many these days will choose to walk past IKEA, knowing they can get a better deal down the road. Their stores look glorious too and because they're committed to recycling, they even offer environmental education to schools!

However, we could soon have them here too, if Cat Fletcher has her way. She's Brighton and Hove City Council's Environmental Waste boss and a number of years ago, launched Freegle U.K. Business is booming too and as I write, is enjoying a visit from Environment Secretary, Michael Gove and Prince Charles to look at their almost endless recycling projects!

AN HOUR SHARED IS AN HOUR SPARED!



Winter Gardening Activities

What's On

Thursday 6th December	10am – 12pm	Christmas Coffee Morning At the Bike Garden
Monday 10th December	1pm - 3pm	Houseplant / Cuttings Swap At the Time Exchange
Thursday 13th December	10am – 12pm	Wreath Making At the Bike Garden
Thursday 13th December	1pm – 3pm	Festive Decoration Making using pine cones etc. At the Time Exchange

The Time Exchange gardening team will be holding a series of winter events, and invite all Time Exchange members to join them in fun activities, and at the same time find out more about what they've been up to over the year, and what is planned for next year's growing season. Please contact the Time Exchange for more information on any of the activities.

TIME EXCHANGE DECEMBER / JANUARY OPENING



The Time Exchange office will close at 1pm on Friday 21st December, and reopen on Thursday 3rd January at 10am.

After the festive period, you may find yourself with a stack of cards to recycle, or unwanted gifts that you don't know what to do with. You can recycle your cards by donating them to the Time Exchange, for use for our Christmas Card Making next year. Any unwanted gifts can be offered to other Time Exchange members for a credit via the offers and requests section of our newsletter – please contact us in January with any offers.

A FOOL'S PHILOSOPHY

Perky pests or a delicious delicacy? We could soon be eating everything from 'bed bugs' to luscious locusts!

Strange but true, as Sainsbury's are already selling 'grub' made from crickets. Not new either, as others have sold them for years and in many African nations, they're part of their staple diet!

CONTACT US

Theresa / Sunnie/ Rachael
235 Stanton Street
Arthur's Hill
Newcastle upon Tyne
NE4 5LJ

Email:

info@thetimeexchange.org

Telephone: 0191 2450663
0191 2453814

Office Hours

Monday – Thursday
10am – 4pm
Friday
10am – 1pm

HERE ARE JUST SOME OF SKILLS OFFERED:

FOOD AND COOKING

Basic cooking skills
Baking
Vegan Cookery

HOUSEHOLD

House-minding
House-work
Putting out rubbish
Recycling
Basic Gardening
Errands

ARTS AND CRAFTS

Sewing
Knitting
Photography
Help with art projects
Cartoon Drawing
Music reading

FAMILY AND PETS

Dog walking/sitting
Pet minding

ADVICE AND INFORMATION

Car Advice
Advocacy

ORGANISATIONAL SKILLS

Organising events
Fundraising
Administration skills
Proof reading
How to 'surf the net'

EDUCATION AND TRAINING

Help with reading
Help with research
Help with writing
Help with spelling
Homework help
Computer tuition (one to one)
Computer repairs
Interview preparation
Teaching IT and web design

LANGUAGES

Teaching English
Teaching Spanish
Translating and teaching Arabic

PERSONAL SUPPORT

Confidence building
Companionship
Telephone reassurance
Car lifts

WHERE TO GET LOCAL ADVICE ABOUT BENEFITS, DEBT AND HOUSING

Citizens Advice Bureau (CAB)

Phone: 0344 245 1288 Monday - Friday 10am – 4pm

Money Matters Advice Line

Money and debt advice telephone service.

Phone: 0191 277 1050 9.30am – 11.30am and 1pm – 3.30pm (except Wednesday morning)

Newcastle Welfare Rights Service

Public Advice Line - Phone: 0191 277 2627 Mon – Fri 9.30am – 12pm
(Closed Christmas Day, Boxing Day and New Year's Day)

Drop-in sessions

Wednesdays until 19th December restarting 9th January 9.30am - 12pm, Nunsmoor Centre
Thursdays until 20th December restarting 10th January 10am – 12.30pm, Cruddas Park Library
Thursdays until 20th December restarting 10th January 1pm – 3.30pm, Fenham Hall Library

Shelter North East

Phone 0344 515 1601 Mon – Fri 9am – 5.30pm

Crisis Support Line (Out of Hours Service)

0191 278 7878

For Envirocall, Night Noise Team, Repairs Centre & Out of Hours Social Work Support